

## **ABSTRACT**

A skate boot for enclosing a human foot having a forefoot and a front ankle portion. The skate boot has a tongue comprising a first section and a second section. The first  
5 section covers the forefoot of the foot and the second section is connected to the first section via a flexing zone that enables the second section to be movable in relation to the first section between a first position and a second position. In the first position the second section covers a portion of the front ankle portion of the foot, and in the second position, the second section overlaps a portion of the first section.